



Tuesday		Wednesday		Thursday		Friday	
4	8:30-10:00 Coffee & Coloring 10:00-11:00 Needlecraft Club 11:30 New Year's Brunch 1:00-2:00 Geri-Fit with Jana	5	8:30-10:00 Coffee & Coloring 10:30-11:30 Yoga with Ellen 11:30 Lunch 1:00-2:00 Lifelong Learning: Sacred Planet Documentary	6	8:30-10:00 Coffee & Coloring 10:00-11:00 Functional Fitness with Nancy 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	7	8:30-10:00 Coffee & Coloring 11:00-11:30 Make & Take Crafts: 2022 Calendars 11:30 Lunch 12:30-2:30 Movie & Popcorn: Night at the Museum
11	8:30-10:00 Coffee & Coloring 10:00-11:00 Needlecraft Club 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	12	8:30-10:00 Coffee & Coloring 10:30-11:30 Yoga with Ellen 11:30 Lunch 1:00-2:00 Lifelong Learning: 5 Things You Wish You Knew About Funeral Planning, but Were Afraid to Ask with Richardson Funeral Home	13	8:30-10:00 Coffee & Coloring 10:00-11:00 Functional Fitness with Nancy 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	14	8:30-10:00 Coffee & Coloring 11:00-11:30 Make & Take Crafts: No Sew Fleece Scarves 11:30 Lunch 12:30-2:30 Movie & Popcorn: Lion King (Live Action)
18	8:30-10:00 Coffee & Coloring 10:00-11:00 Needlecraft Club 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	19	8:30-10:00 Coffee & Coloring 10:30-11:30 Yoga with Ellen 11:30 Lunch 1:00-2:00 Lifelong Learning: Art Talk with Phoenix Art Museum	20	8:30-10:00 Coffee & Coloring 10:00-11:00 Functional Fitness with Nancy 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	21	8:30-10:00 Coffee & Coloring 11:00-11:30 Make & Take Crafts: Watercolor Tealights 11:30 Lunch 12:30-2:30 Movie & Popcorn: Mrs. Doubtfire
25	8:30-10:00 Coffee & Coloring 10:00-11:00 Needlecraft Club 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	26	8:30-10:00 Coffee & Coloring 10:30-11:30 Yoga with Ellen 11:30 Lunch 1:00-2:00 Birthday Bingo Bash!	27	8:30-10:00 Coffee & Coloring 10:00-11:00 Functional Fitness with Nancy 10:30-11:15 MIM Music Therapy 11:30 Lunch 1:00-2:00 Geri-Fit with Jana	28	8:30-10:00 Coffee & Coloring 11:00-11:30 Make & Take Crafts: Pocket Notebooks 11:30 Lunch 12:30-2:30 Movie & Popcorn: Mary Poppins Returns

## **Lifelong Learning Series** Learning new things helps keep your brain sharp, improves memory, and increases self-confidence.

Join us for this fun series, as we learn about a wide variety of topics from speakers and documentaries. Call to sign up. (480) 350-5867

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|-------------|--------------------|---|
| <b>1/5</b>  | <b>1:00-2:00pm</b> | <b>Sacred Planet Documentary</b><br>This film captures some of the wildest, most beautiful and stunning landscapes on Earth.  |
| <b>1/12</b> | <b>1:00-2:00pm</b> | <b>5 Things You Wish You Knew About Funeral Planning, but Were Afraid to Ask!</b><br>This informative presentation will be provided by Richardson Funeral Home              |
| <b>1/19</b> | <b>1:00-2:00pm</b> | <b>Buenos Aires, Tango, and Impressionism</b><br>In this presentation, the art of Benito Quinquela Martin will be featured. For him, color was life and his life was color! |

## **Make & Take Crafts** Join us as we get creative making simple craft projects that can be completed in 30 minutes or less.

Registration is required to ensure we have enough supplies. Call today to sign up! (480) 350-5867

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|-------------|------------------------------|---|
| <b>1/7</b>  | <b>2022 Calendars</b>        | We'll use scrapbook supplies to add flair to the new year and our new calendars.                      |
| <b>1/14</b> | <b>No Sew Fleece Scarves</b> | Stay warm this winter with this simple scarf project.   |
| <b>1/21</b> | <b>Watercolor Tealights</b>  | Add a little light to the dark days of winter with these simple and colorful tealight candle holders. |
| <b>1/28</b> | <b>Pocket Notebooks</b>      | Scrapbook supplies will help us add a little life to cute, little notebooks.                          |

## **Music Therapy** We're partnering with the Museum of Musical Instruments and ASU music therapists for a special series where we will explore, experience, and make music. Call to sign up! (480) 350-5867

<b>Thursdays</b>	<b>1/27, 2/3, 2/10, 2/17, 3/3</b>	<b>10:30-11:15am</b>	Each session will focus on music from a different area of the world - USA/Canada, Latin America, Africa, Asia, Europe.
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## **Fitness Classes** Did you know, seniors that exercise tend to have improved immune function, better balance, and more energy? It's true!

Join us for one, or all, of our weekly exercise classes. Call today to sign up! (480) 350-5867

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|---------------------------------|----------------------|---------------------------|--|
| <b>Tuesdays &amp; Thursdays</b> | <b>1:00-2:00pm</b>   | <b>Geri-Fit</b>           | Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process. Enjoy this fun chair-based workout that uses bands and weights. |
| <b>Wednesdays</b>               | <b>10:30-11:30am</b> | <b>Senior Yoga</b>        | This class helps enhance your balance, flexibility, and strength while also helping you reduce stress.   |
| <b>Thursdays</b>                | <b>10:00-11:00am</b> | <b>Functional Fitness</b> | Get a total body workout through a variety of exercises designed to improve balance, increase muscular strength and improve your range of movement for daily living.               |